YOUR KITCHEN KEYBOARD OF SPICES!

Foreword

The following pages will give you a working knowledge of the wonderful spices and herbs in your own "Kitchen Keyboard." They contain the important facts about more than 50 different seasonings plus a variety of suggestions for their use in your own kitchen. Save this booklet for reference and let it be your guide as you start your personal tour of culinary adventures.

Price per copy, 15 cents
Write to THE R. T. FRENCH Co.
153 Mustard Street
Rochester 9, New York

Table of Contents

Foreword
History of Spices..... 1
Spicy Hints..... 2
Spices—In alphabetical order..... 3
Specialty Items and Blends.....25
Extracts and Flavorings.....34

Your Kitchen Keyboard of Spices

Have you tasted the difference a sprinkling of cracked black pepper can make in a simple egg dish? The wonderful warmth ground cinnamon gives an apple pie?

Then you're in on the secret! Cooking with spices makes *your* meals "something special"— and cooking with spices is simplicity itself if you know your KITCHEN KEYBOARD.

Your kitchen cupboardful of spices is like a "keyboard" of happy notes and harmonious flavors. You add a dash of this . . . a pinch of that . . . and suddenly your cooking sings with flavor.

This booklet, and the spicy hints you'll read here, are designed to give you a little of the background of spices, a lot of the subtle secrets of spice cookery. And here and there we've sprinkled suggestions that will keep you from hitting a sour note.

What are these wonder-working spices and herbs that can give almost any food more fun and flavor? Oddly enough, they are nothing more romantic than spicy, dried roots . . . or aromatic seeds . . . or flower buds and blossoms, gathered from all corners of the earth. Yet their powers seem great indeed when you learn that the search for these bits of bud and bark changed the history of the world.

History of Spices

The traffic in spices goes back to the days before recorded history. The earliest written records show the important part spices played in the lives of the ancients — and the Bible is full of references, including of course, the famous gifts of rare spices brought by the Wise Men to the Christ Child.

For thousands of years, spices were brought from mysterious sources in the Orient by long, winding camel caravans, and by frail ships that plowed their way through pirate-infested waters. For centuries, since 950 B.C. or earlier, the Arabs were the masters of this dangerous but rich spice trade. Then the demand for spices spread like a wave over Europe, as even the barbarians of the North learned of their preservative qualities.

As the demand grew, so did the prices . . . until the value of spices was truly fantastic. All spices, whether travelling by land or sea, had to be brought by way of Cairo and from there to Alexandria, where they were bought and shipped by the Venetians and the Genoese. The merchants of Venice grew fabulously wealthy, and it was this great wealth that sparked the Renaissance in Italy!

In 1271, a young Venetian named Marco Polo set out on a long

journey of discovery. And, when he returned, he brought with him the secret of the lands where the spices grew. The mystery of their origin was gone, and the race was on as European merchants realized that these faraway places could be reached by their own ships.

First Portugal, then Spain and England, then Holland, and finally the United States entered one of history's most exciting contests. For nearly four hundred years these powers raced each other to the Orient, and fought for control of the spice-producing lands. In these years the face of the known world changed; as new lands and continents were discovered, wars were fought and nations waxed and waned as foremost powers. Always it remained true as it has throughout history, that the country controlling the spice trade was the richest and most powerful nation in the world.

Today, the United States is the prime figure in world spice buying, and New York is its center.

Though wars, and threats of wars still influence the spice market and the flow of spices from remote Eastern lands . . . buying spices and herbs is as simple as as a trip to the nearest grocery store. There you see dozens of neatly packaged spices ready to turn their magic on food.

Spicy Hints

Once you transfer these neat little packages to your own kitchen there are a few simple things you should keep in mind. The flavor of spices and herbs depends on the volatile "essence" they contain. The best way to keep their flavor fresh and lasting is to keep your spice shelf away from heat, *not over the stove, please!* Protect your spices from strong light and moisture too, by carefully closing each package after you use it.

Spices will stay fresh in tightly resealed packages for several months, but they *don't* improve with long aging. It's a good idea to date each package when you buy it, and if you're not sure a spice is fresh, make this simple test: Rub a bit of spice or herb between your palms and breathe in the aroma. No aroma? Then it's time to replace your supply with a fresh, fragrant spice.

There's hardly a food you've tasted that can't be made better by a dash of spice or herb. So don't be a sissy . . . season! Just remember the key word is "dash," not "disguise." Use spices in small quantities at first, until you get to know their flavors. Start by following standard recipes, or use ¼ teaspoon for each 4 servings. The only limit on the amount of spice you use is how well *you* like it . . . but remember, you can always add more later.

Dried herbs are stronger and more aromatic than fresh, so substitute ½ teaspoon of dried leaf herbs for 2 teaspoons of a minced fresh herb. Dried herbs or spices in whole or crushed form need moisture to unlock their true flavor . . . so add them to the liquid in your recipe.

Crush all leaf herbs, like thyme, oregano, rosemary, before you add them — either by rubbing between your palms or with mortar and pestle. This releases the flavorful "essence."

For foods you cook a long time, like stews, add seasonings during the last hour to avoid "cooking out" the flavor.

Tie whole spices in a small square of cheese cloth, or put them in an aluminum tea ball, so they can be easily removed before serving.

Whole spices such as stick cinnamon and cloves are perfect for beverages and pickles . . . where ground spices would "cloud" the liquid.

One dish, well seasoned, can "make the meal"— so let it stand alone. Use milder spices or herbs in the other foods. Don't use the same spice or herb in several dishes at the same meal, and don't serve heavily spiced foods in every course. In cooking, variety really *is* the spice of life.

Allspice — SPICE

It's known as Jamaican pepper in Central and South America, but *you* know it as allspice. And in spite of its name, it's only one spice — the dried small berry of a West Indian tree. It earns its confusing name because its flavor resembles a combination of cloves, cinnamon and nutmeg.

Allspice is the only major spice cultivated exclusively in the Western Hemisphere. An evergreen of the myrtle family, it is grown mostly in Jamaica and is also found in Mexico, Guatemala, Brazil, and the Leeward Islands.

The spicy, pea-sized berries are picked while still green, from trees 20 to 30 feet tall. Natives carefully remove all small twigs and stems by hand, and spread the fruit in the sun to dry until it turns a dark reddish-brown. Then the berries are sifted and thoroughly cleaned for marketing.

Whole allspice has long been used in pungent pickling spice mixtures . . . and to enhance the flavor of pot roast, beef stew, meat loaf, and baked ham.

A few whole allspice in asparagus or pea soup, or added to shellfish while boiling, gives them a tempting new taste.

Ground allspice is delicious in mincemeat, pumpkin pie, plum pudding, fruit cake . . . and in many familiar cookies and cakes. Use a sprinkle, too, to garnish fruits in a salad; to perk up squash, turnips, carrots, beets or sweet potatoes; or to give an added nip to tomato based sauces.

Anise Seed — (an'is) AROMATIC SEED

(anise is also available in extract form)

One of the oldest of flavorings, anise has been used since pre-historic times as a cure-all. The ancient Romans hung anise plants above their pillows to prevent bad dreams, and clutching a sprig in one's hand was regarded as a sure safeguard against "fits." Even today, many cough remedie are flavored with this pleasant licorice-like spice . . . and it is used as an herb tea which is supposed to soothe the nerves and induce sleep.

The fruit of a small plant in the parsley family, anise is most familiar as a flavoring for licorice, which is why people say it "tastes like licorice." Cookies, cakes, bread, and rolls are spiced with it, particularly in Scandinavian countries.

Anise is grown chiefly in Spain where it is used in making Anisette and other liqueurs. It is also produced in Mexico and India. The greenish-brown seed is small, oval in shape somewhat like a caraway seed . . . and is hidden within the fruit. Before it is sent to market, the seed is graded for size, dried, and cleaned.

You may have tasted it in pound cake, or in spicy pfeffernuesse cookies.

For an unusual flavor treat, add ¾ teaspoon anise seed to your next batch of apple-sauce . . . or sprinkle it on brown and serve sweet rolls next time you bake them.

Sweet Basil (bāz'il) — HERB

The Greeks named it basil, "King of the Herbs." In France it is known as the Royal Herb. Hindus plant it around their homes and temples to insure happiness, and an Italian suitor may signify his matrimonial intentions by wearing a sprig in his hair. But in any country it's a sweet and aromatic herb that is a gourmet's delight.

Perhaps the best testimonial to its taste-tempting ways is the fact that U. S. consumption has increased about 3000 per cent in the last 10 years.

An annual plant of the mint family, basil is native to India and Iran. It is now cultivated on the northern shore of the Mediterranean, and some is grown commercially in this country. The leaves and tender stems are used either fresh or dried.

Perhaps best known for the wonderful flavor it gives tomatoes, either cooked or fresh, basil is a staple in Italian kitchens for tomato-rich dishes. It also gives a mildly pungent flavor to a variety of other foods — soups, stews and meat pies, sauces and salad dressings.

Win compliments by sprinkling basil over lamb chops before cooking, or add it to green beans, peas, squash or eggplant.

Try it, too, in egg and cheese dishes. Delicious!

Bay Leaves — HERB

Once used by the Greeks as a symbol of victory to crown the heroes of their Olympic games, the bay or laurel leaf is today more frequently used to put the crowning touch on a savory soup or meat stew.

Among the world's oldest herbs, bay leaves have a well-deserved reputation with good cooks the world over and are a staple item in most American kitchens. Distinctively aromatic, they are indispensable in pickling, in the manufacture of vinegars, and are an important ingredient in mixed spices.

The aromatic leaves of the evergreen sweet-bay or laurel tree are native to the Mediterranean area and are imported from Greece, Italy and other southern European countries. The fresh leaf is shiny green, ranging in size up to three inches in length. It retains much of the color in drying.

Simmer a bay leaf with any kind of stew, or with budget cuts like beef tongue, corned beef, lamb shanks, kidneys.

And don't forget the flavor of bay leaves when you're cooking vegetables. They're delicious with tomatoes, onions, rice, green beans, carrots, squash, beets, and even plain boiled potatoes.

They'll add a bright touch of flavor to tomato and seafood aspics, vegetable soups, and fish chowder, too.

Caraway Seed (kar'a wā)—AROMATIC SEED

If you've ever ordered ham on rye, you know the caraway seed. This tangy little herb with a slightly sweet accent is the principal flavoring in rye bread . . . and is also widely used in rolls, biscuits, and cakes.

Caraway is the distinctive ingredient in Kummel cordial, so you won't be surprised to learn that Holland is its principal home. It is also grown in Russia, Poland, and Africa. Another member of the popular

parsley family, caraway seed is actually the fruit of a biennial plant which is harvested every second year.

Caraway gives an intriguing flavor to mild cheeses especially when you're mixing up a tasty dip or spread.

A few seeds sprinkled in cottage cheese, cole slaw or beet salad, or into cabbage, turnips, asparagus or sauerkraut while cooking is a good flavor pick-up.

A hint of caraway helps most soups, meats and stews.

You'll make your mark as a gourmet cook by sprinkling caraway over roast pork . . . or using it to spark a tuna casserole.

Cardamom Seed

(kär' da mum)—AROMATIC SEED

A welcome guest at the "Kaffee Klatch" is cardamom, an aromatic and pungent seed that has a love for the flavor of coffee.

The dried fruit of a plant in the ginger family, cardamom seed is a native of India. It also grows in Guatemala and Ceylon. The fruit pod grows on a bush from 6 to 12 feet tall, and comes to market in the form of a bleached white pod which contains the small black seeds.

Often used in mixed pickling spice, cardamom is also an ingredient of curry powder, and of sausage-spice blends.

Custards, rice pudding, cookies, breads, and fruits all get a nippy new flavor from cardamom.

Be daring . . . and try a dash in green pea soup, sweet potatoes, or sprinkled on pork or beef roasts.

It is cardamom which gives that "something special" flavor to Danish pastry, and makes coffee cake and buns the perfect mates for a steaming cup of coffee.

A cardamom seed dropped into a demi-tasse of strong black coffee adds a rare and exciting taste. Try it!

Celery Seed—AROMATIC SEED

Marco Polo first brought these tiny seeds from India and introduced them in Europe where they now grow profusely in Southern France. But don't think you can let the celery in your own garden go to seed with the same result! Commercial celery seed comes from a member of the parsley family, similar to, but not just like the vegetable we serve here.

The tiny seed contains an essential oil which gives foods the aroma and flavor like that of fresh celery. Its warm, softly bitter taste is delightful in any dish where celery itself might be added.

Use it for flavoring sauces, salads, pickles, soups, fish, vegetables . . . or sprinkle over cheese, crackers, or rolls.

A celery seed dressing is especially delicious with fruit salad, and a spoonful of seeds in potato, egg, or tuna salad will win compliments too.

Chervil (chûr' vil) — HERB

The leaves of this annual, aromatic sweet herb bear a slight resemblance to parsley. However, the flavor is more distinctive with a trace of anise.

Chervil is one of the herbs used by the French in their famous herb omelettes. It is frequently included in "fines herbes" blends. Europeans use it in soups, sauces, salads, and stuffings for poultry and fish much as one uses parsley. References are frequently made to this herb in French recipes.

Cinnamon —SPICE

Cinnamon, our most important baking spice, has a long and interesting history, richly brocaded with mystery and fables. Prized from antiquity for its fruity sweet aroma, it was used in the preparation of love potions, and for the scenting of perfumes and ointments long before its value as a seasoning was generally known.

In the days when the Mediterranean countries were the only "civilized" places in Europe, cinnamon came to Rome and Venice via the long spice caravans that wound over the deserts of Arabia. To justify its prohibitively high cost, wiley Arabia traders told ingenious tales of its origin.

Cinnamon, they said, grew in the center of a mysterious lake, guarded by huge and ferocious birds who attacked all who tried to reach the spice. These birds had to be routed at great personal peril to enable the traders to wade into the lake to snatch a few precious branches.

Another story has it that nobody had ever seen a cinnamon tree, but certain eagles were known to build nests of cinnamon branches. The only way to get these branches was to tempt the birds with heavy pieces of meat. The bird carried the bait back to their nests . . . the nest broke under the weight . . . and the cinnamon tumbled down for the traders to pick up!

Whether the merchants of Venice believed these tales is not recorded, but they bought the cinnamon, regardless of cost, and it has continued as a familiar and favorite spice up to the present.

The threatening birds have vanished, and we now know that true cinnamon grows only on the island of Ceylon. However, this is an extremely mild variety.

CEYLON CINNAMON is the paper thin bark of the cinnamon tree which grows on the island of Ceylon. It is delicate in flavor and the sticks, because of the thinness of the bark, break easily and are apt to be powdery.

CASSIA CINNAMON is the reddish brown bark of an evergreen tree, a member of the laurel group. The flavor is full bodied and much preferred by Americans. It is imported from Indonesia, China, and Batavia.

Cinnamon is obtained from the young shoots which twice a year are cut and peeled. New shoots then grow from the tree stumps. The bark is rolled into quills or sticks as it dries. . . . It is tied into bundles and exported, later to be cut into small sticks or ground and sieved into a fine powder.

CASSIA BUDS — These are the dried unripe fruit of the Chinese Cassia tree. They have a cinnamon flavor and their most popular use is the flavoring of sweet pickles. Due to the present world situation, cassia buds are not being imported in sufficient quantities for packing. Stick cinnamon may be substituted — allow 1 stick cinnamon for 1 tablespoon cassia buds.

There is a special bond between cinnamon and apples. They blend together beautifully in pie, applesauce, cake, and almost any cooked dish.

Ground cinnamon is the perfect sweet spice for baked foods and desserts . . . and it's delicious sprinkled over puddings and hot cereals.

Stick cinnamon is used in pickling . . . in flavoring puddings . . . and as a muddler for coffee, tea, and a variety of other beverages.

Cloves —SPICE

The next time you sniff the heady fragrance of cloves, think how this fragrance wafting on the tropic air from far away islands changed the course of history. Wars were fought for possession of sole rights to the profitable clove business after clove trees were found growing on the Molucca Islands . . . now a part of Indonesia. The natives prized their clove trees for another reason — they planted a tree for each new child. Thus the tribe had a perpetual census, no matter how scattered its members might be. If a tree were destroyed, they believed it meant doom for the child it represented.

Cloves have many medicinal and household values in addition to their uses in cooking. Ancient Chinese originated the custom of chewing a clove to sweeten the breath. A favorite scent in Oriental perfumes, clove gives a spicy "carnation" fragrance. Apples and oranges studded with cloves make delightful pomanders to hang in clothes or linen closets. Cloves also have antiseptic qualities, and are the source of a valuable essential oil.

Today, most of our cloves come from the stately trees of Madagascar and Zanzibar. Despite the clove tree's 30 to 40 foot height, it is a fragile plant. The harvesting of the unopened flower buds must be carefully done by hand. After picking cloves are dried for 6 to 8 days, and in this process lose much of their original weight. Trees usually begin to bear in about seven years, and may produce for a century!

The nail-shaped sweetly pungent little buds are available in both whole and ground form, and have many culinary uses. What ham would be complete without its studding of spicy cloves?

They add deliciousness, too, to boiled tongue, stews, roast pork . . . and to pickled fruits, spicy syrups, and meat gravies.

Ground cloves are delicious in baked goods, mincemeat, plum pudding, fruit cakes . . . sprinkled over chocolate puddings, fruit desserts, and pie fillings.

For an unexpected and delightful treat, try cloves on vegetables like squash, sweet potatoes, beans and beets!

Cumin (kum′ in) *or Cominos Seed* (kom′ e nōs)

AROMATIC SEED

If you're looking for an exotic oriental flavor—this is the secret ingredient. Another historic herb which predates Biblical times, cumin is used generously throughout the East and in almost all Oriental meat cooking. The small dried fruit of an annual plant, it is a native of Egypt and the Mediterranean nations, and is now cultivated with most success in Morocco, Cyprus, and Malta.

Cumin has a distinctive, slightly bitter taste which is regarded as an appetite stimulant. So be sure to use it to season canapes when you want your guests to clean their plates!

Perhaps it is most familiar in the spicy national dishes of Mexico—chili con carne, and hot tamales.

Commercially, it is used in the preparation of meats, pickles, cheeses, sausages, curry powder, chili powder, and chutney.

Use it at home for an exotic touch in seasoning soups and stews, in flavoring bread and rice, in stuffed eggs and spicy tomato sauces. And add a dash to meat loaf and bean dishes for a tangy, south-of-the-border taste!

Coriander Seed (co′ ri an′ der)—AROMATIC SEED

It's a long way from 5000 B.C. to the 20th Century, from early Sanskrit writings to a modern hot dog stand, but coriander seed has bridged the gap.

Apparently one of the first spices used by man, it was known as early as 5000 B.C. and is mentioned in early Sanskrit writings. In the Old Testament, manna is described as "white like coriander seed". One of the bitter herbs prescribed for eating during the Passover. Coriander might be a good thing to feed your husband if you think he's too free with the family exchequer—it was once thought to stimulate miserly habits.

Coriander is the dried ripe fruit of an herb in the parsley family. Originally from India, it is now obtained mostly from Morocco, Argentina, and Russia, too.

Coriander has a mild, fragrant odor and an aromatic taste . . . something like a combination of lemon peel and sage. It is used commercially in many meat products, and is a universal seasoning for frankfurters.

Whole, it is used in pickling, spicing fish, Spanish rice, and Oriental candies.

In its ground form, it is added to curry blends, rolls, pastries, cookies, and cakes.

Mexican and Spanish cooks use it in rice, lentil, and meat dishes . . .

so why not you? You'll like it sprinkled in applesauce, cookies, and gingerbread, too.

Dill Seed —AROMATIC SEED

From India comes the dill seed, a dried fruit of an annual plant of the parsley family. It has a warm, aromatic, slightly sharp taste, and an aroma reminiscent of caraway. It was actually used as a substitute for caraway during World Wars I and II. The seeds are oval, light brown in color, and about 3/16 of an inch in length.

Commercially, dill is used in processed meats, including liverwurst, frankfurters, and bologna.

Best known as a flavoring for pickles, rye and pumpernickel bread, it has a wide variety or other culinary uses. Dill adds a bright, aromatic touch to soups, salads, sauces, meat, and fish dishes.

It's delicious sprinkled on potatoes, cole slaw, macaroni, and makes a tangy sauce for broiled fish of all kinds, particularly halibut, mackerel, or salmon.

Try dill on lamb chops or sprinkle it in lamb stew.

Add a teaspoon to green beans, cauliflower, or cabbage while they cook, and watch the finicky appetites perk up!

Fennel (fen' el) —AROMATIC SEED

One of the ancient herbs steeped in tradition and mythology, fennel was regarded by the sages of a less sophisticated age as one of the nine sacred herbs which could counteract the nine causes of disease. Perhaps we can blame some of the world's current troubles on this feathery herb, a stalk of which—according to Greek legend—first brought knowledge down from Mt. Olympus in the form of a coal of fire.

Fennel seed is a European native, but today India is the chief supplier. It is also cultivated in North Africa and the United States.

Fennel seeds—actually dried fruit—are yellowish-brown in color, and have a pleasant odor and aromatic-sweet taste somewhat like anise. The flavor of fennel blends well in baking—and as a result is used extensively by bakers in Italy for bread, rolls, and pastry. It is also widely used in sweet pickles and as a seasoning for fruits, soups, fish dishes, and sauces.

You'll love it sprinkled on pizza topping, apple pie filling, or on roast pork before cooking.

Ginger —SPICE

Ginger ale, gingerbread, ginger snaps—it would be hard to do without the spicy-sweet flavor of this familiar spice. It has an almost universal spot on the spice shelf.

One of the few spices which grow below the ground, ginger is the root of a herbaceous perennial plant which flourishes in tropical and semi-tropical climates. A native of Southern Asia—it is now imported mostly from Jamaica, Sierra Leone, Africa, and India. When the plant is about a year old, it is dug up, washed, and dried in the sun. The sun's bleaching effect gives ginger its characteristic light buff color. After drying, the roots or "hands" of ginger are ready for export. Ground ginger is the most commonly used form . . . but cracked ginger (small pieces) is used in some preserves and pickling mixtures. Crystallized and preserved gingers are confections, not spices.

Ginger is a staple in many Oriental and Hawaiian dishes, and is popular in England for Ginger Beer, hot mulled ale and porter, and spiced wines.

Ground ginger is most familiar as a baking spice, and is widely used in cookies, pies, spice cakes, puddings, and other baked goods.

It gives an interesting flavor to pot roasts, stews, chicken . . . adds a piquancy to bean, onion, and potato soups . . . and is delicious sprinkled on pears and other fruits, fresh or canned.

Try it, too, on glazed carrots, squash, and sweet potatoes—or use it, blended with butter, to rub a roasting chicken inside and out. You won't have to wait for the raves!

Mace (mās)—SPICE

Mace, a subtler, softer cousin of nutmeg, seems to have the happy faculty of helping natural flavors without overpowering them. Mace and nutmeg are unique in being the only two spices which grow in the same fruit. The mace forms the lacy covering around the nutmeg seed. The two have a similar aroma, but their flavor is different, and they are used for different purposes.

The "blades" or unground form is especially good for fish sauces, pickles, and preserving. It is sometime used in sachet bags to store with linen because of its fresh, clean fragrance.

Mace and nutmeg are native to the Molucca Islands, but the main sources of supply today are Indonesia and the Windward Isles. They are part of the fruit of a tall evergreen belonging to the myrtle family.

Yellow-orange ground mace provides the flavoring for pound cakes. It gives a golden tone and exotic flavor to all yellow cakes, blending well with other ingredients, and bringing out their flavor. Mace is at its best with chocolate . . . in cakes, puddings, and other desserts. Cherry pie filling, fruit cobblers, and shortcakes love its flavor, too.

Great cooks add a dash of mace to oyster stew, creamed eggs, or Welsh rarebit . . . and use it in fish sauces, and meat stuffings.

Added to cream sauce for vegetables it has a special charm. And a sprinkling of mace on whipped cream gives it more flavor!

Marjoram (mär' jo ram) — HERB

One of the most versatile herbs, this member of the mint family—with its distinctively aromatic, lightly bitter flavor—adds interest to meat, fish, and chicken, eggs, cheese, and vegetables, too.

The gray-green plant grows luxuriantly in southern France, but other sources are North Africa, Germany, and Chile. The dried leaves are sold whole or ground.

Many processed foods, such as liverwurst, bologna, and headcheese, owe their flavor to marjoram, and it is usually an ingredient in poultry seasoning. It has a special liking for lamb and mutton, and is excellent sprinkled on roast beef or veal before cooking.

Sprinkle it on baked or broiled fish, add a pinch to creamed fish, and add it to stuffing for both fish and poultry.

It gives a flavor lift to cheese and egg dishes, and perks up soups and stews.

Excellent cooked with vegetables, it combines best with peas, limas, carrots, spinach, and green salads.

Mustard —AROMATIC SEED

The most widely known and used condiment in the United States is mustard in its prepared form—which zoomed up the ladder to popularity hand in hand with the hot dog. Americans' special love for mustard comes from the national pastime of picnics and patio parties . . . sandwich lunches and roadside snacks . . . all of which feature foods that take to the tangy touch of golden mustard.

Mustard originally came from Asia, but today much of the world's production comes from North America—particularly California and Montana. It is an annual plant of the watercress family with small, round, smooth seeds. These little seeds are cleaned and ground to make mustard flour. Three kinds are popular: Black or brown mustard (strong and bitey), white or yellow mustard (warm and mild), and blends of the two. Interestingly enough, popularity varies in different parts of the country, depending apparently on the national origins and taste preferences predominating in different regions.

Dry mustard belongs in the medicine cabinet as well as on the spice shelf. Its medical uses are many. Two good ones are—in the famous mustard plaster for respiratory ills, and in a pep-restoring mustard bath.

Mustard has been known to man since pre-historic times. The name is a corruption of "must-seeds," since the seeds were processed in Roman-

occupied Britain by saturating them in a solution of grape juice, or "must."

So handy is the mustard jar and so familiar are we with its obvious uses, that even the best cooks sometimes overlook its subtler applications in the kitchen.

In its three forms—whole seeds, dry ground, and prepared—it has a long list of uses, and its spicy bite goes well with many foods.

The seeds are used whole for pickles, with boiled beets, cabbage, and sauerkraut. They add zest to cole slaw, mixed vegetable or potato salad, and to relishes.

Dry mustard, also known as "mustard flour" adds zip to cream soups, bean, and lentil soup.

And try a little dash in salad dressings, marinades, and barbecue sauces.

Dry mustard is indispensable in devilled crab, crab cakes, devilled eggs, rarebit—and many other cheese, egg, and seafood dishes.

A teaspoonful, judiciously blended with meat loaf, hash, or hamburger, will make a lively difference.

And if you think vegetables are "drab" . . . try giving them personality with a zippy mustard sauce.

Dry mustard can be transformed into hot English mustard by simply mixing it with cold water. Allow to stand 10 minutes to develop flavor.

Nutmeg —SPICE

The aroma of nutmeg recalls grandmother's proverbial kitchen—warm, fragrant, spicy—with racks of sugar cookies cooling on the table, and perhaps an apple pie in the making. And the nutmeg lives up to its promise, with a flavor that is sweet, warm, and spicy.

Nutmeg is the seed of an apricot-like fruit of a tropical evergreen tree. As it ripens, the outer husk splits and reveals the scarlet mace. The fruits are gathered with the aid of a pole attached to a basket and prongs. This ingenious arrangement for loosening and catching the fruit is called "gai gai" and is manipulated with amazing dexterity by the natives. After

gathering, the outer husk is discarded, and the mace and nutmeg are separated and dried. Shelling and grading complete the operation.

According to legend, nutmegs originally grew only on the Island of Banda in Indonesia. European merchant-conquerors, aware of the laws of supply and demand, sought to limit them to the island to keep the prices high. Nature foiled their plans with the assistance of large birds which, attracted by the red mace, carried off the whole fruit, ate the mace and dropped the seeds to take root on other islands. Today, they are cultivated in the West Indies as well as Indonesia.

Available both whole and ground (the ground seed must be grated before using) nutmeg is used in flavoring baked goods, rice and custard puddings, sauces, vegetables, and in beverages . . . particularly eggnog.

It is found in spice mixtures such as Apple Pie Spice and Pumpkin Pie Spice . . . and is universally used in doughnuts.

A little nutmeg adds glamor to creamed vegetables or chicken soup, and brightens beef dishes, fish cakes, and fish casseroles.

For an unusual flavor, add a generous dash to carrots, squash, spinach or green beans . . . or combine with melted butter to pour over boiled potatoes.

Good, too, on canned or fresh fruit, like sliced bananas, stewed prunes, or pears.

Try nutmeg in your chicken dishes and add to your reputation as an imaginative cook.

Oregano (o rā 'gä nō)— HERB

A decade ago, this pleasantly strong and aromatic herb was seldom found in kitchens north of the border except in restaurants specializing in Italian and Mexican foods. But in that short span of time it has been discovered by the American homemaker and adopted so widely that its sales have jumped over 4500 percent!

Oregano has a flavor similar to that of marjoram, and is, in fact, the Spanish word for marjoram. A perennial herb of the mint family,

it is a stalk thickly covered with small curly leaves which are stripped and dried. A native of the Mediterranean area, it is imported from Greece, Italy, and Mexico.

Probably the increased interest in foreign foods and gourmet cookery is responsible for oregano's amazing growth in popularity . . . since it is a must in the preparation of pizza, spaghetti, lasagna, and other pasta sauces. It's the herb that puts the Mexicali accent in chili . . . and the continental touch in eggplant, scallopini, and other Italian dishes. Oregano is particularly good in all beef dishes . . . meat balls, meat loaf, pot roast, and stews. Vegetables too, take kindly to oregano. Try cooking onions, potatoes or string beans with a pinch or add it to the cream sauce.

It does the same wonderful things for any tomato-based food, from plain stewed tomatoes and juice, to dressings for tossed salads.

It brightens the flavor of shellfish and seafood salads, and sparks any egg dish, gravy, soup, or stew.

Black Pepper —SPICE

The next time you automatically reach for the pepper shaker to season your mashed potatoes, stop and take another look. It's only a ground, dried berry — but it changed the history of the world!

Because of pepper, empires rose and fell, fortunes were made and lost, battles were fought, maps were changed, and new lands were discovered and conquered. Probably the oldest, most valuable and most universally used spice in the world, it was once literally worth its weight in gold.

Pepper was used as early as 3000 B.C. In 408 A.D., Alaric the Goth demanded 3,000 pounds of pepper as part of the ransom of Rome. It was used as a preservative for meats during the Crusades, and its use was restricted to royalty and wealthy nobles. It has been used for money, taxes, rents.

The search for the source of the precious berry, once brought from the Orient by circuitous camel caravans, resulted in Vasco da Gamma's rounding the Cape of Good Hope . . . sent Columbus on his momentous voyage in 1492 . . . and led Magellan to circle the globe. Although Magellan lost his life, and all ships but one were lost, the pepper in the surviving vessel yielded a profit for the expedition!

Her search for "black gold" led England to build a powerful Navy, and acquire possessions in the East. Daring Yankee skippers with swift clipper ships discovered pepper in Sumatra, opened up the "China Trade", and brought pepper worth millions back to the United States.

The world consumes more pepper by far than all other spices combined, and it is used in foods in almost every nation (annual U. S. consumption: 7.1 ounces per adult). Its preservative qualities, and its ability to aid in the digestion of food helps account for the fact that it is used in almost every known condiment and in almost every processed meat or food.

Pepper is hot and tantalizingly aromatic as befits its steaming jungle origin.

A native of the East Indies, pepper is imported from India, Indonesia, Borneo, and British Malaya. It grows on a vine, and looks like a cluster of red currants when ready for harvest. These berries are gathered by hand, and dried in the sun into the black, dry berries we know as peppercorns. They are marketed whole, cracked or ground, to fill the pepper shakers and mills around the world.

White Pepper—SPICE

White pepper refers to berries left on the vine to ripen until the shell has partly separated from the white center of the berry. The ripened berries are steeped in water to remove the hulls and then, after several washings, are spread to dry. The blazing equatorial sun bleaches the pepper as the moisture evaporates.

White pepper is more aromatic, but less biting in taste than black pepper. Its uses are basically the same—but it is preferred for soups, sauces, fish, poultry, and meat dishes where black specks might mar the appearance.

Paprika (pa prē′ ka)—SPICE

Bright red in color, yet mild in flavor, paprika is the delight of the cook who likes her meals to look, as well as taste their best.

Commercially, it is used in meat processing and in the preparation of many condiments, including catsup and chili sauce.

Paprika, which comes from Spain, South America, and California, is made by grinding dried stemless pods of a kind of red pepper. Since the pods are tough, as many as six to eight grindings are needed to reduce them to proper fineness. Heavy, slow, stone mills do the best job of pulverizing without loss of flavor and color.

Paprika is most popular as a garnish for pale foods, such as potatoes, cream sauces for vegetables, lemon-butter sauces for fish, and sprinkled on eggs, cottage cheese and cream cheese.

It brightens salads, canapes, cream soups, and vegetables, and lends an appetizing touch to made-over dishes. Along with sour cream, it is the important ingredient in veal and chicken paprika . . . mouth-watering dishes from Hungary where some of the best paprika is grown.

Cayenne Pepper (kī en′)—SPICE

Made from capsicum hot peppers, the most pungent of all spices, cayenne pepper has an unmistakably fiery bite . . . hotter even than red peppers. Yet, used with a light touch, it is the secret of most gourmet cookery. Chefs tell us that any cook who dares to use cayenne is considered "expert" in culinary circles.

Cayenne pepper is an ingredient of curry powder and pork sausage seasoning, and—as you might guess—it's lavishly used in hot Spanish and Mexican foods. Cayenne peppers are grown in Africa, Mexico, Japan, India, and some parts of the United States but, strangely enough, none come from the Island of Cayenne. The small red peppers are dried and ground fine for distribution.

Experiment at first with a very, very little in seafoods, seafood sauces, cream soups, and chowders.

A dash of cayenne does wonders for salads, sauces, eggs and cheese dishes—such as Welsh Rarebit and cheese souffle.

It lends a tang to creamed foods, croquettes, pasta dishes, stews, and barbecued meats.

And it's what puts the "devil" in deviled ham, deviled eggs, and snappy cheese canapes.

Red Pepper —SPICE

Hot and biting is the red pepper—and just like a flashing red light, it means "proceed with caution." Apparently the American homemaker is learning the secret of its rich and stimulating flavor . . . because red pepper sales have increased about 500 per cent in the past few years.

Red pepper comes from the vivid rich red pod and bright yellow seeds of the Capsicum pepper plant, and these brilliant colors are retained after drying. Red peppers come from parts of the United States, Italy, Africa, Japan, and Mexico—and vary in size from one to five inches depending on where they are grown.

Poppy Seed —AROMATIC SEED

Although native to Asia, poppy seeds are imported largely from Holland, France, Poland, Germany, and England. Some are grown in the United States. The minute, kidney-shaped seed is so small that it appears round, and it takes about 900,000 seeds to make a pound. The seed is usually blue-gray, although there is a less popular white variety.

The crunchy, nut-like seed is used extensively as a tasty topping for rolls, breads, cakes, cookies, pastries.

Poppy seed jam, made from poppy seeds and honey, and poppy seed filling, which combines the seeds with butter, honey, sugar, and almonds, is used as a filling for cakes, coffee cakes, and pastries. Poppy seed adds crunch and flavor to noodles and salads, too.

Rosemary —HERB

The dried leaves of an evergreen shrub of the mint family, rosemary resembles a tiny curved pine needle. It is native to the Mediterranean area, and is imported from France, Spain, and Portugal.

This refreshing herb with a tea-like fragrance is another of the ancient spices woven into the fabric of lore and legend. It was known as a symbol of fidelity, and is said to grow only in the gardens of the right-

eous. Also, according to legend, its white flower turned the blue of the Virgin Mary's gown when she hung her linen on a rosemary shrub during her flight to Egypt.

And in Hamlet, Ophelia says, "There's rosemary, that's for remembrance . . ."

You'll remember its fresh flavor, too, if you add it to the liquid used in cooking vegetables . . . potatoes, peas, turnips, cauliflower, and summer squash.

It gives a lift to chicken or pea soup, and is excellent in both veal and chicken dishes.

Try a pinch in scrambled eggs or omelets . . . a sprinkle on fish fillets or beef before cooking . . . add ½ teaspoon to cornbread or muffin batter. Different! Delicious!

Saffron (saf' run)—SPICE

Saffron is the world's most expensive spice——and with good reason. It is the dried stigmas of a plant in the crocus family. Each Crocu Sativus yields only three stigmas—delicate orange-yellow filaments which must be carefully removed by hand—and it takes 225,000 stigmas to make a pound of saffron. So nearly 75,000 blossoms must be gathered and culled for each pound! Happily for saffron-lovers, saffron is a good thing that comes in small packages—and a little goes a long way.

A spice of antiquity, it grew in King Solomon's garden, perfumed the Roman baths, and inspired the royal gold color of Greece. So highly was it prized that in the 15th Century, Nuremberg dealers who adulterated it were burned at the stake.

Native to the Mediterranean area, it is cultivated principally in Spain where it is a necessary ingredient in two famous dishes . . . Arroz Con Pollo (Chicken and Rice), and Bacalao Vizcaino (Cod Fish a la Biscay).

The only flower-herb, it has a unique, softly bitter flavor, and is equally prized for its color.

In rolls and cakes, it adds a distinctive flavor and soft, golden color.

It is added to saffron tea to impart a little of the mystery of the Orient.

But it is particularly good with rice. A pinch added to the boiling water gives the rice a sunny richness that is indescribably delicious.

Savory (sā'ver i)—HERB

This is the herb you'd take with you if you had to leave all the others behind. It is good in almost everything!

An annual plant of the mint family, it is often called "summer savory" because the flavor is best during the summer months. The leaves are small and brownish-green in color when dried. Native to Southern Europe, it is sometimes used there as a stuffing for pillows because of its clean, piney fragrance. It is also cultivated in part of Canada and the United States.

Try it in a simple green salad first. Take a half teaspoonful, rub it between your palms to release the full flavor . . . then sprinkle it on the greens and add vinegar and oil.

Then use it by the pinch or more generously — in pea soup and bean soup, in succotash and string beans, in cabbage and sauerkraut, and green peas, in meat loaf and beef stew, scrambled eggs and deviled eggs. Anywhere!

Sesame Seed (ses' a me) —AROMATIC SEED

A faint nutlike aroma and a taste a bit like almonds is characteristic of sesame seed—and explains why it goes so well with baked goods and candy.

Also known as "Benne" or "Bene" seed, it is a native of Asia, and is grown in enormous quantities in India and China, where it is a staple of the native diet. A fine quality also comes from Central America. The sesame is an annual plant that grows from one to two feet high with pretty blossoms of various colors. The seeds vary from grayish white to black, but when hulled are smooth, white, and shiny.

The crunchy little seeds have a richness that does something wonderful for bread, cookies, and biscuits.

Many tons are consumed annually in the delicious Jewish Halvah candy, and other confections.

A prize-winning pie-crust recipe a few years back sparked new interest in sesame . . . and now home-cooks add it to rolls and buns — brown and serve, or baked from scratch.

You'll find it's a help with the vegetable haters, too! *Delicious* sprinkled over green beans, tomatoes, asparagus.

Sage (sāj)—HERB

Sage is one of the more popular herbs in America, probably because its tart, fragrant flavor brings out the best in pork . . . and is an important ingredient of Poultry Seasoning. Sage is also an added attraction in baked fish, salad dressings, and chowders.

This familiar herb is the dried leaf of a plant in the mint family. Only perfect leaves are picked . . . and when dried they turn gray-green. Sage is marketed in leaf form and rubbed (ground). The best comes from the Yugoslavia-Dalmatian area, and that is still the chief source of supply.

Sage is the perfect accompaniment for pork or poultry. Next time, try stuffing pork chops with a sage seasoned dressing.

Add a sprinkle to cottage cheese, too . . . and try a pinch in vegetable soup, creamed or buttered onions.

Tarragon (tar' a gon)—HERB

The dried leaves and flowering tops of a perennial herb . . . tarragon has a flavor reminiscent of anise.

It is best known as the principal flavoring in tarragon vinegar, but is also used in pickles and prepared mustard.

You'll find its delicate flavor particularly good in green or seafood salads.

Try it, too, as an interesting taste treat with meats, sauces, egg and tomato dishes.

Chicken takes to tarragon. Use in the butter for basting . . . or try a teaspoonful in your stuffing for roast chicken.

Add to butter for lamb chops, or as a rub for roast leg of lamb.

Thyme (tīm)—HERB

The second most popular herb in the American pantry is thyme. It has a fresh aroma, and a clean, warm, and slightly pungent taste that graces a variety of foods.

Thyme is the brownish-green dried leaf of a perennial plant of the mint family. Thyme is a wanderer, and the growing of it has spread from France, Italy, and Spain to Africa and America. It is frequently grown in domestic herb gardens, but France is the chief producer and exporter.

An important ingredient of Poultry Seasoning, it is also an asset in chicken stews and casseroles. And a healthy pinch of thyme in fish soups and chowders is a good flavor pick-up.

Try it, too, in fish sauces, croquettes, lamb and veal stew, chipped beef, egg, and cheese dishes . . . and in biscuits and dumplings.

Thyme and fresh tomatoes belong together, so don't overlook it in your summer salads.

Add it to melted butter for a quick and tasty topping for beans, peas, spinach, or zucchini.

Turmeric (tur' mer ik)—SPICE

Brilliantly yellow, with a mysterious oriental aroma and slightly bitter taste, turmeric is used to add color as well as flavor. In Biblical times it was known as a perfume as well as a spice.

A native of the Orient, it is cultivated particularly in India and China . . . and also Haiti, Jamaica, and Peru.

Although the taste is completely dissimilar, turmeric is the root of a plant in the ginger family. The roots are sorted, cleaned, dried, and usually ground.

An essential ingredient in curry powder, turmeric is also important in lending flavor and color to prepared mustard, and is the identifying aroma of mustard pickles. It is used in many pickle and relish formulas,

and in chutney.

Creamed eggs and fish take on new personality with a dash of turmeric, and it is often used to replace saffron as a coloring agent.

Add ¼ teaspoon to a cup of salad dressing . . . you'll be surprised how pleased folks are!

Crab Boil and Shrimp Spice —BLEND

If you're a shellfish devotee, never be caught without your Crab Boil and Shrimp Spice! This heady blend of chillies, bay leaves, allspice, black pepper, cloves, savory, and yellow mustard seed, brings out the very best in any shrimp, lobster, or crab.

Each package contains three envelopes, each with enough spice for one pound of shellfish. And so, you produce lobster of distinction as simply as brewing a cup of tea! Just plunge the shellfish into boiling water to cover, and add one tablespoon of salt and one envelope of spice per quart of water. Cook, drain, and never mind the buttery fingers . . . this is lobster at its best.

Apple Pie Spice —BLEND

If your husband is still talking about the apple pie that mother used to make, try seasoning your next one with Apple Pie Spice.

It's a blend of specially selected cinnamon, nutmeg, allspice, and cardamom . . . added in just-right amounts, and milled together to bring out the flavor that compliments any apple dish.

Substitute Apple Pie Spice for equal quantities of spice in apple pie, apple dumplings, brown betty, apple sauce . . . *any* apple dish. You'll be glad you did!

Barbecue Seasoning —BLEND

With the smoke from millions of grills rising from backyard patios across the nation, it is not surprising to find that Barbecue Seasoning is

becoming a staple on the supply shelf. Here, in a handy shaker-top bottle, is a sassy blend of 16 spices and seasonings, specially for barbecued foods.

For heavenly hamburgers with a chef's touch, mix one tablespoon per pound of meat before shaping patties . . . or sprinkle on just before removing from heat.

Chicken, too! Add ½ teaspoon to ½ cup melted butter, and brush on while cooking.

Sprinkle on steaks, chops, and spareribs as they grill.

Try it on fish, lobster tails, and other seafood specialties, too.

Terrific in marinades and basting sauces, especially for shishkabob dishes.

Boatmen, fishermen, hunters, campers, who do a lot of outdoor cooking will find Barbecue Seasoning a handy item, too.

The secret of Barbecue Seasoning's success? — chillies, onion, celery, salt, nutmeg, garlic, oregano, allspice, coriander, mustard, sage, cumin, caraway, cloves, and black pepper.

Wow!

Chili Powder —BLEND

The use of chili powders and oregano in combination as seasoning has been traced back to the Aztec civilization. This was probably the beginning of Chili Powder, although the blend we use today is an American innovation, and originated in our own southwest during the 19th century.

Chili Powder is used in seasoning most Mexican-style dishes . . . notably chili con carne. Chili, practically the official dish of many of our southwestern states, has become popular throughout the country in recent years . . . and with it, of course, Chili Powder.

If you like your sauces saucy, and your spices spicy, Chili Powder belongs on your kitchen shelf. You'll find it has just the right pep for seasoning eggs, omelets, souffles, casserole and cheese dishes.

No barbecue sauce or seafood cocktail sauce should be without this tangy blend.

Try a little in your next meat loaf, hamburger, or stew . . . and add it to chowders, gravies, seafoods for extra zest.

Here's what's in it — chili peppers, onion, cumin seed, garlic, oregano, cayenne pepper, black pepper, and caraway seed. The best blends are made from fully matured, deep red chillies grown from Mexican seed.

Curry Powder (kûr' ĭ)—BLEND

Exotic Curry Powder, reminiscent of the rare and spicy dishes of the East, is an inspiration from India, where the imaginative use of spices is a highly developed art that goes back to the beginnings of civilized history.

Curry Powder is a balanced blend of spices including coriander, turmeric, cloves black pepper, red pepper, garlic, cumin, fenugreek, and ginger. Curry Powder may contain as many as 16 varieties of spices — the proportions vary with the manufacturer.

Its chief use, of course, is making meat, fish and chicken curries . . . usually served with saffron rice, and a variety of taste-tempting condiments, but its popularity has boomed in recent years as housewives have discovered that its rich, heady flavor has many other uses.

For mild flavor, use 1 teaspoon Curry Powder for each four servings. Increase to 2 or 3 teaspoons as you like it.

Curry is made-to-order for turning leftovers into inspired second-day dishes. It's good with rice, veal, chicken, fish, shrimp, eggs, and vegetables . . . seasoned sauces, soups, and stews, too.

Curry is as much at home in salads as in hot dishes. Try a dash in mayonnaise, French dressing, or in a can of mushroom or tomato soup.

Herb Seasoning (ûrb)—BLEND

Like having a fragrant herb garden at your kitchen door — but lots handier! Herb Seasoning is a new and convenient blend of seven flavorful herbs . . . basil, marjoram, parsley, thyme, celery, tarragon, and oregano.

Created especially to brighten soups, sauces, stews, salads, and casseroles . . . you'll find it adds sunny, herb garden flavor to many of your favorite dishes. Let your creative cooking talents take over — and you'll make many converts to the art of cooking with herbs.

As a guide, use ½ to 1 teaspoon for each four servings.

Italian Seasoning —BLEND

Even if your name is O'Reilly, you can create mouth-watering dishes with authentic Italian flavor right in your own kitchen. Just sprinkle in this special blend of herbs.

Created because of the growing interest in Italian cookery, this blend includes oregano, marjoram, thyme, savory, rosemary, sage, and sweet basil. Use it in all Italian style dishes . . . substituting Italian Seasoning for all the herbs called for in your recipe.

In such favorites as spaghetti, veal parmigiana, minestrone, pizza, Italian dressing, and Italian-style zucchini and eggplant . . . this seasoning

gives the perfect authentic touch.

But use it, too, wherever you need an herb blend — in meat loaf, in salads, in stuffings, and vegetables.

Wonderful in all tomato dishes, and in most fish recipes, too.

And here's a special bonus: This seasoning is particularly good if you have the problem of cooking taste-tempting foods for someone on a salt-free diet. It adds fun and flavor . . . without the salt!

Mixed Pickling Spice —BLEND

If you've ever been in a kitchen at pickling time, you know the wonderful, spicy aroma of Pickling Spice . . . a blend of wonderful spices from all points of the globe. Packaged Mixed Pickling Spice is a handy blend of mustard seed, cassia, allspice, black pepper, bay leaves, ginger, chillies, fennel seed, dill seed, cloves, turmeric, cardamom and mace. The spices are thoroughly cleaned by sifting and vacuum processes, and the large spices are broken into smaller pieces. They then are carefully blended in a special proportion to create a distinctive flavor.

Though primarily for pickle-making, this blend of whole spices is specially suited to seasoning long-cooking dishes, because the flavors are not drawn off as quickly as those of ground spices. As with tea leaves, the steeping slowly brings out the savory flavors.

Wrap a little Pickling Spice in a cheesecloth bag and simmer with pot roast, smoked tongue, fish stews, cabbage, and beets.

Poultry Seasoning —BLEND

One of the most familiar prepared mixtures . . . Poultry Seasoning is a special combination of six spices and herbs blended to give a distinctive succulence to your favorite bird. Poultry Seasoning is composed of sage, thyme, marjoram, savory, black pepper, coriander, allspice, and sometimes rosemary. The mills are adjusted so that the mixture is ground together, "pounding" the flavor of one herb or spice into the other, and producing a unique smoothness of flavor.

Poultry Seasoning is a "must" for preparing poultry stuffings. And it's delicious in fish stuffings, too.

It does just the right things for chicken and poultry recipes of all kinds from simple soups to sophisticated tetrazzini.

It is also an excellent seasoning for pork, veal, and fish . . . and is delicious in croquettes.

For a brand new flavor . . . add to biscuits and dumplings to serve with poultry. Or try it as a flavoring for meat loaf and hamburgers.

Pumpkin Pie Spice —BLEND

Designed to bring out the best in any pumpkin pie . . . Pumpkin Pie Spice is a blend of cinnamon, ginger, allspice, and nutmeg. The blend is carefully concocted to bring out the best of each spice, and a superior flavor is obtained by milling the spices together rather than simply mixing them after they are ground.

Pumpkin Pie Spice is equally delicious in pumpkin, squash, or that old Southern favorite, sweet potato pie. You can also substitute equal quantities of this special blend for spices in cakes, cookies, and fruit puddings. Try it in spice cake, coffee cake, fruit cake, and date and nut muffins, too.

Salad Lift —BLEND

If "all salads taste alike" to you — give your own salads a special flavor with Salad Lift. It's a delightful mixture of fine spices and herbs, specially selected to bring exciting new flavor to salads and dressings. Whether you're a novice or an old hand at tossing up a crisp green salad, you'll be delighted with the results of this convenient product.

For Chef's Dressing, mix ½ cup salad oil, ¼ cup vinegar, and two tablespoons water, with four teaspoons of Salad Lift. For a sweet tomato French dressing, add ¼ cup tomato catsup.

Or add Salad Lift to your own favorite salad dressing. Just remember to add it first, then taste before putting in any additional seasoning.

Sprinkle Salad Lift on cooked and raw vegetables in place of salt for exciting new flavor.

Celery —FLAKES and SALT

Do you like the flavor of fresh celery in your cooking, but hate the bother of mincing? Then keep your jars of Celery Flakes and Celery Salt handy! With just one quick shake you add fresh celery flavor to any dish.

Celery Flakes come from whole celery which has been cleaned, prepared, and dried.

Just remember that one tablespoon of Celery Flakes equals two tablespoons fresh, chopped celery.

Use the flakes for a lively goodness in stews, casseroles, soups, sauces, stuffings. Add before or during cooking, allowing at least 10 minutes of cooking time.

Celery Salt is a combination of imported, ground celery seed and pure salt.

As the celery fruit (seed) ripens, it absorbs the flavor of the plant. It is this flavor-laden fruit which is ground and mixed with free-flowing salt. Simply substitute equal quantities of Celery Salt for the salt in your recipe. Taste and add more if necessary.

Celery Salt cheers the flavor of soups, salads, meats, vegetables, sauces.

Celery's tang is particularly good with oysters, clams, and other seafoods, so keep it handy when fixing oyster stew, clam broth, juice or chowder . . . fish casseroles and sauces, too.

Use Celery Salt when cooking carrots, peas, green or lima beans. Serve it with baked potatoes, corn on the cob, and cole slaw.

Try seasoning biscuits, pastry, or dumplings with Celery Salt — terrific served with chicken!

Garlic — MINCED, POWDER, and SALT

One of the subtle secrets of French and Italian chefs is their skill with garlic — and today, you can share the secret without mincing . . . chopping . . . peeling. Just *sprinkle* in the garden-fresh flavor of Minced Garlic, Garlic Salt, or Garlic Powder.

Minced Garlic gives the true flavor of freshly minced garlic. Add it to sauces, stews or whenever the flavor of tiny bits of garlic is desired.

Garlic Powder is the ground, dehydrated product of selected cloves of garlic . . . a bulb-like plant of the lily family. The powder provides a quick, clean, easy way to add pure garlic flavor without fuss or "garlicky fingers". And just a little goes a long way — 1/8 teaspoon equals one clove of garlic.

Garlic Salt is a mixture of Garlic Powder and pure salt, generally with an anti-caking compound added. 3/4 teaspoon Garlic Salt gives the flavor of one garlic clove.

A little garlic seasoning does wonders for most soups, salads, sauces, meats, fish, and casserole dishes.

It's great with grilled meat, too — steak, hamburgers, chops, *any* outdoor specialty.

Lamb is a special friend of garlic . . . so don't forget to use it in marinades and shashlik and shishkabobs.

Who'd think of serving a tossed salad without a tang of garlic to perk it up!

And crisp, toasty garlic bread is an asset to any meal, indoors or out!

Onion — FLAKES, MINCED, POWDER, SALT, and MINCED GREEN ONION

The onion member of the lily family is the cook's delight . . . and probably the most widely used and versatile of vegetables in its many forms.

Tired of weeping and chopping and peeling? . . . try these!

FLAKES: Sweet white onions, cleaned, sliced and dried. Use them wherever pieces of onion are desired . . . in soups, salads, sauces, meat dishes, casseroles. Before adding to uncooked dishes, soak a few minutes in a little warm water.

MINCED: Just taste the fresh, lively flavor Minced Onion gives soups, gravies, sauces . . . and you'll never chop another onion! Use one tablespoon for the flavor of one medium raw onion . . . and soak five minutes before adding to uncooked foods.

POWDER: Pure onion in granular form. And so easy to use! Spoon it into any dish that calls for onion or onion juice. Add it directly to the dish as you cook . . . but remember, it's concentrated! Allow one teaspoon Onion Powder for the flavor of one medium onion.

SALT: Real, fresh onion flavor mixed with pure salt. One teaspoon has the flavor of two spoons of fresh minced onion. All the honest onion flavor is released the instant you shake it on!

Handy for seasoning vegetables, meats, soups, salads and gravies . . . you just sprinkle it in.

Take the Onion Salt jar along to the picnic or patio for seasoning salads and broiled meats, too.

And try it on your next batch of French fries. Mmmmm!

MINCED GREEN ONION: You can't always have chives growing in your kitchen garden, but you *can* have their color and flavor. It's ready for instant use in a jar of Minced Green Onion. Add it to cottage cheese . . . blend with sour cream for a tangy topping

for baked potatoes . . . sprinkle on any salad . . . and use in scrambled eggs and omelets for a gourmet touch. One teaspoon equals a tablespoon of fresh minced chives.

Seasoning Salt

Keep Seasoning Salt as handy as your regular salt shaker, and use it just as often. This handy shaker-top bottle contains a blend of ingredients (spices, herbs, monosodium glumamate and salt) that unlock and stimulate natural food flavors. Use this easy, all-in-one seasoning wherever you'd use salt — in soups, vegetable cocktails, salads, sauces . . . in meats, fish, gravies and stews.

Mint Flakes (mint is also available in extract form)

Strong and sweet with a tangy-cool after-taste, mint is pure refreshment. It is widely used in confections such as the popular "after dinner mints," and in beverages and ices.

The flakes are prepared from the leaves of the perennial herb, spearmint, which are cleaned and dried. Add them to any recipe that calls for fresh chopped mint for flavor or garnish. One tablespoon equals two tablespoons of fresh mint.

Mint is a must with lamb, either as a sauce, or mixed with softened butter and used as a "rub."

It's delightful, too, cooked with peas and carrots . . . or added to fresh fruit cup.

Mixed Vegetables —FLAKES and INSTANT

Flakes are thinly sliced garden vegetables which have been especially selected, prepared, and dried. The blend contains carrots, onions, tomatoes, spinach, and green peppers. They are ready to be added directly to soups, stews, sauces, and casseroles.

Instant Mixed Vegetables are tiny bits of garden fresh vegetables — carrots, onions, tomatoes, garlic, spinach, and green peppers which have been carefully prepared and dried.

They remind one of confetti when added to cream soups, salads or cottage cheese and add texture as well as color. Instant Mixed Vegetables can be added directly from the package without previous soaking if the dish contains some liquid, is allowed to stand a short time, or is cooked.

Parsley —FLAKES and SHREDDED

What's more attractive and tempting than a chef's creation topped with a crisp green garnish of parsley? This aromatic garden herb is loved for

both its eye appeal . . . and as a flavoring for soups, meat and fish dishes, salads, sauces, vegetables, and casseroles.

Although a native of the Mediterranean region, parsley is now largely grown domestically. The carefully selected whole leaves are cleaned, dried and packed for market.

The flakes can be added directly to liquids, cooked foods, or melted butter for vegetables. For salads, add to the dressing. One tablespoon of parsley flakes equals three tablespoons of chopped fresh parsley.

Shredded parsley can be used directly from the jar . . . no soaking is necessary.

Parsley adds a garden-fresh touch to so many things — cottage cheese, omelets, mashed potatoes, sauces, and creamed dishes. Toss it with fluffy rice, or sprinkle on any food that needs a dash of color.

Sweet Pepper Flakes
Green Bell Peppers

Good any time, but particularly handy during the season when fresh peppers are expensive, hard-to-find, and of poor quality. Pepper Flakes are simply sweet red and green bell peppers which have been sliced and dried.

The flakes, which have the characteristic mild pepper flavor and aroma, can be used directly from the package in all cooked dishes such as soups, stews, sauces, spaghetti, macaroni, and casserole dishes.

For use in salads, relishes, and other uncooked foods, they should be reconstituted by soaking for 10 minutes in a little water.

Two tablespoons of flakes equals one medium green pepper.

Extracts and Flavorings

Pure extracts such as vanilla, lemon, and almond are produced by dissolving the aromatic essential oils or essences of these fruits in alcohol. Preparation of pure extracts as well as the imitation ones is regulated by the United States Government.

Extracts and flavorings are used to impart a particular flavor to a foodstuff. Pure extracts are more expensive than imitation products but the amount used in any recipe is so small that the difference in cost is almost negligible. Most recipes using vanilla call for one teaspoon of the extract. Stronger extracts such as almond and lemon are frequently used in smaller amounts.

Flavoring extracts are extremely volatile and should be purchased in small size and kept tightly closed to prevent evaporation. While the uncooked or unfrozen mixture containing the extract may seem too highly flavored, cooking or freezing reduces the intensity of the flavor.

VANILLA

Vanilla extract is the most popular of the extracts and is prepared from vanilla beans which come to us principally from Madagascar, Mexico, the East and West Indies.

Vanilla Planifolia is a vine, a member of the orchid family which attaches itself by aerial rootlets to the trunks of trees. It bears fruit in the third year. The fruit pod or bean when mature is from 6 to 10 inches in length, about ½ inch in diameter, green in color, and without the slightest trace of flavor. The pods grow in clusters of 10 to 12. The mature pods are gathered and put through a curing process which develops the vanilla flavor we know. The cured pods are dark brown in color and rich in both flavor and aroma. To remove the extract, the vanilla beans are chopped and then put through an extraction process.

When Cortez conquered the Aztec Indians in 1521 he found that they used vanilla as a flavor for a beverage made from chocolate. The Spanish conquerors took some vanilla-flavored chocolate back with them and the use of vanilla as a flavor quickly spread to other parts of Europe. For many years Mexico was the sole producer of vanilla beans.

The use of vanilla is well known in cakes, cookies, desserts, and candies. Although many cake frosting and pudding mixes are already flavored, the addition of a small amount of vanilla gives them a definite flavor lift.

EXTRACTS OF LEMON, ORANGE, ALMOND . . . .

Lemon and orange extracts are made from oils pressed from the rind of

the fruit and combined with alcohol. Almond, Wintergreen and Peppermint extracts too, are prepared from concentrated oil and alcohol blended according to specific government regulation.

Imitation fruit flavors such as strawberry, pineapple, and raspberry, to name but a few, are made from artificial flavors since the natural oils and concentrates from the fresh fruit are not satisfactory.

Brandy, rum, and sherry flavors are prepared from special highly flavored products which are combined with sugar and water to make a satisfactory flavoring to use in cooking. These flavors may be used in cakes, cookies, desserts or wherever the delicate flavor of brandy, rum or sherry is desired.

On your grocer's shelf you may find the following extracts:

Pure Extracts	*Pure Flavors*	*Imitation Extracts and Flavors*
Almond	Brandy	Banana
Anise	Rum	Black Walnut
Lemon	Sherry	Cherry
Orange		Coconut
Peppermint		Maple
Vanilla		Peach
Wintergreen		Pineapple
		Raspberry
		Strawberry

A Film on Spices

"The Kitchen Keyboard" is the title of a new non-commercial film sponsored by The R. T. French Company. It is a 16 mm sound motion picture in color.

This educational film covers such varied topics as the fascinating history of spices, their exotic origin and stunning beauty, secrets of delicious foreign cuisine as well as some helpful hints on using spices in your everyday cooking.

You may order "The Kitchen Keyboard" merely by returning the form below. Your request will be acknowledged.

Miss Alice Hutchinson, Chief Home Economist
The R. T. French Company
152 Mustard Street
Rochester 9, New York

Dear Miss Hutchinson:

I would like to show "The Kitchen Keyboard" to.....

.....(name of group) on one of the following dates:

.....1st choice

.....2nd choice

.....3rd choice

There is to be no charge for its showing.

Name.....

Address.....

City and State.....